



Dartmoor in a Day - Winter Traverse - 12th January 2019

Overview

Start your new year with a big dose of winter; walk or run across Dartmoor on the second weekend of 2019. Our event is a fully guided 50 km journey from South to North, through some of the most remote parts of the moors. We also have a 30 km option from Princetown to Meldon.

The Winter Traverse is not your everyday walk on Dartmoor; it is definite step up from our *Dartmoor in a Day* challenge held in September and uses a separate line. The route passes Red Lake and the sources of the rivers Erme and Plym, (don't expect to keep your feet dry!) After a welcome break in Princetown, you will continue to some wild locations on the North Moor including: Roos Tor, Tavy Cleave and Chat Tor. From here, the route picks up the Rattlebrook dismantled railway before descending to the finish in Meldon.

Weather is always a factor on Dartmoor but even more so in January; there is also the small number of daylight hours to consider and difficult terrain underfoot. You will be thoroughly looked after by the team at Climb South West, and remember it is a challenge event rather than a race so run or walk at a pace that suits you.

The route is mainly across wild areas of open moor without any way markings. We have done this deliberately to maintain the wilderness feel of this event. The route is available on ViewRanger and can be followed using the app but we recommend using it alongside OL 28 Dartmoor (1:25,000) or BMC Dartmoor (1:40,000) maps. A GPX file will also be available for those that would like to use GPS device.

As this is a challenge event rather than a race, cut off times at our final checkpoint will be very generous(4pm at Lane End car park SX537823). Transport to the end of the event will be available if anyone doesn't manage to complete the distance.

The route is approximately 50 km (30 miles) and almost entirely off road. The 30 km walk option is achievable by anyone with a good level of walking fitness but the 50 km should not be underestimated! You will however be accompanied by qualified Mountain Leaders with extensive experience and knowledge of Dartmoor, who will assist you with navigation (and act as pacers for the runners).

For those that fancy a greater challenge, then why not join us for a run across the same route? Again you will be accompanied by experienced runners who are also qualified Mountain Leaders. We recommend that you prepare well for this; having run a marathon or two, or some trail runs over 20 miles will set you up well.

Coach Transport

Coach transport for this event will be available to book separately (£10). This will take you from the end to the start **BEFORE** the challenge and will enable you to run/walk back to your car.

The role of our guides is to act as mobile marshals and to assist you with route choice between checkpoints. They are all qualified mountain leaders and first aiders. We will have many different pace options on the day and you are welcome to vary your speed or change groups as required.

Refreshments

For people on the 50km there will be complimentary hot drinks and soup/rolls at Princetown Community Centre. There will be a further aid station/checkpoint for all participants at Lane End car park SX537823. Water, hot drinks, our legendary homemade cakes and other snacks will be available here. There will also be hot food (meat/veg stew) for you at the end of your challenge at Meldon village hall.

Map

The route is mainly across wild areas of open moor without any way markings. We have done this deliberately to maintain the wilderness feel of this event. Here is a link to our challenge with the route marked.

[Winter Traverse 50km leg 1](#)

[Winter Traverse 50km leg 2 / Winter Traverse 30km](#)

We recommend using it alongside OL 28 Dartmoor (1:25,000) or BMC Dartmoor (1:40,000) maps or download the ViewRanger app and follow the route on your Smartphone. For those that would like to use a GPS, you should be able to download the GPX file and use it on your device.

The ability to navigate isn't essential for this event and you are welcome to stay with our guides for the whole journey. If you would like to learn some basic navigational skills or brush up on existing ones, please get in touch at info@climbsouthwest.com. We can tailor our navigation workshops for individuals or groups of walkers / runners from beginners through to advanced skills for mountainous areas.

Parking and coach arrangements

There is ample free parking at Meldon village hall (EX20 4LU) or Meldon reservoir, a 5 minute walk away. If you have booked a place on the coach, then you will need to park here and aim to be at Meldon Village Hall at least 15 minutes before coach departure time.

If you are planning on meeting us at the **50km start**, the meeting location is South Brent Village Hall, Station Approach, South Brent TQ10 9AQ. There are lots of unrestricted on street parking options locally. Please aim to be here by 6:15am.

Meeting location for the **30 km** is in Princetown Community Centre, Princetown, PL20 6RF. Please aim to be here by 8:45am. If you arrive early, there will be complimentary hot drinks here.

If you haven't booked a place on the coach but would like one, please find the booking form on this page.

[Winter Traverse coach booking](#)

Timings for the day

50km Winter Traverse

5:15am Registration at Meldon Village Hall

5:30am Coach departs Meldon Village Hall

6:15am Registration at South Brent Village Hall

6:45am Safety briefing and start for walkers and runners

30km Winter Traverse

7:45am Registration at Meldon Village Hall

8:00am Coach departs Meldon Village Hall

8:45am Registration at Princetown Community Centre, Princetown

9:00am Event safety briefing and start

Mandatory Kit

- Base layer (long sleeved, thermal properties)
- Full leg cover
- Trail shoes / walking boots
- Waterproof jacket and bottoms
- Mobile phone
- Rucksack with additional clothing
- Hydration system (bladder or bottles, min capacity 1ltr)
- Survival bag (foil or plastic survival bag (**not** blanket) £3-£16 from any outdoor store)
- Basic first aid kit (min 1 x wound dressing and selection of blister plasters)
- Warm Headwear
- Gloves
- Whistle
- Headtorch with spare batteries / spare headtorch
- Nutrition (packed lunch, energy foods, gels, bars, etc.)
- Spare socks

Fingers crossed for sunshine and blue sky but please come prepared for the worst weather! Make sure that you have all these items with you. This is for your safety and there will be spot checks at the start.

This is not an exhaustive list but a list of essentials. Through training, we suggest that you find out what works for you in terms of additional clothing and food. Our advice is that you don't experiment with a different diet or new shoes on the day.

Your safety

We have experienced guides who are there to support you during the day and **two mandatory checkpoints** (Princetown and Lane End). **You must not proceed beyond these locations without checking in with our marshals first.**

We are happy for you to use headphones during the event but only after reaching the open moor. **They must however, be removed at all road crossings and sections of road.**

We have arranged for a minibus to follow the challenge. Should you need to leave the event, we can get you back to Meldon. **This minibus will not return to South Brent.**

Our event mobile is **07966654867** and is for emergency use. For medical emergencies, please use 999 in the first instance and contact us after.

Please make sure that you are well rested before continuing your journey home, or possibly stay overnight

Ending your participation

The event finishes at Meldon Village Hall, where there will be complimentary food and drink available. You can also collect your event t-shirt here.

If you need to end your participation before the end of the route **you must contact us** on the event mobile **07966654867** or speak to your guide. Please store this number in your phone so that you have it available.

Accommodation

There are lots of accommodation options available locally to suit all budgets. For some of the best advice on this, please visit the [Visit Dartmoor website](#).

What's Next?

This event will be a great warm up for our **Devon Coast to Coast Ultra** (117 miles non stop or 4 marathons in 4 days), **Welsh 3000 challenge**, summer 2019 (over 2 days or 24hrs). You may also like to consider the **Jurassic Coast 100** or the **Exmoor Coast 50**. There will be run and walk options for all of these events. Details will be posted on our [website](#) and [Facebook page](#).

After the event.

We welcome any feedback about our events and strive to make them as safe and enjoyable as possible. If you have something that you'd like to share with us, please contact us by email info@climbsouthwest.com.

If you've enjoyed the event then please make sure that you tell people about it on social media. Please use **#dartmoorinaday #DIAD #climbsouthwest**.